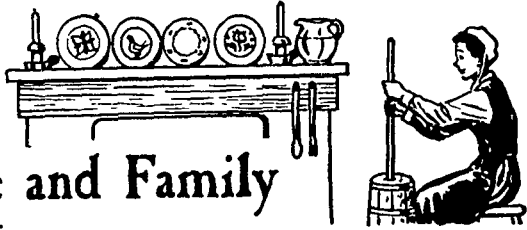


## For the Farm Wife and Family



### Fastnacht Time is Nearing; Practice Making Breads, Rolls, Doughnuts

This is the time of year when homemakers have a little spare time to experiment with new recipes, especially with breads and baked goods. Today we have a few bread recipes for you, along with rolls, doughnuts and fastnachts.

The straight dough method is the most popular way to make breads at home. Homemakers prefer it because of its simplicity and consistently good results. Experts recommend the method because of the better flavor, texture

and keeping qualities of the bread.

Only one mixing period is used to make the completed dough. All of the ingredients are combined and the dough is kneaded and set aside to rise.

Variations of this method include sweet and rich doughs, refrigerator doughs and so-called "quick-action" doughs. "Quick-action" doughs usually contain added amounts of yeast.

#### ENRICHED BREAD

- 1 package yeast, compressed or dry
- 1/4 cup water (lukewarm for compressed yeast warm for dry)
- 2 cups milk
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 tablespoon shortening
- 6 cups sifted enriched flour

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Soften yeast in water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add two cups flour, stirring well. Add softened yeast. Add enough more flour to make a moderately stiff dough. Turn out on lightly floured board, or pastry cloth, and knead until smooth and satiny (5 to 8 minutes). Shape into ball and place in lightly greased bowl. Grease surface of dough lightly. Cover and let rise in warm place 80 to 85° F. until doubled (about 1 1/2 hours). Punch down. Divide dough into two equal portions. Shape each portion into smooth ball. Let rest 10 minutes. Shape into loaves. Place in greased bread pans, 4 1/2 x 8 1/2 inches. Let rise until doubled (about one hour). Bake in moderately hot oven (400°) 40 to 45 minutes. Makes two one-pound loaves.

#### BASIC SWEET DOUGH

- 2 packages yeast, compressed or dry
- 1/4 cup water (lukewarm for compressed yeast, warm for dry)
- 1 cup milk
- 1/2 cup sugar
- 2 teaspoons salt
- 1/4 cup shortening
- 5 cups sifted-enrich flour (about)
- 2 eggs
- 1 teaspoon grated lemon rind (if desired)

Soften yeast in water. Scald milk. Add sugar salt and shortening. Cool to lukewarm. Add flour to make a thick batter. Mix well. Add softened yeast, eggs and lemon rind. Beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board and knead until smooth and satiny. Place in greased bowl. Cover and let rise in warm place until doubled (about 1 1/2 hours). When light, punch down. Let rest 10 minutes. Shape into rolls or coffee cake. Let rise until doubled (about 45 minutes). Bake in moderate oven (350°) 20 to 30 minutes. Makes two or three coffee cakes or about 3 1/2 dozen rolls.

Hot Cross Buns are popular at Easter time. Here is a recipe for same, using the above Basic Sweet Dough.

#### HOT CROSS BUNS

To one recipe Basic Sweet Dough add

- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1 cup currants

After adding softened yeast and eggs, add spices and enough more flour to make a soft dough. Stir in currants. Turn out on lightly floured board or pastry cloth and knead until smooth and satiny. Place in greased bowl. Coer and let rise in warm place until doubled (about 1 1/2 hours). When light punch down. Let rest 10 minutes. Divide dough into pieces about 1 1/2 inches in diameter. Shape each piece into ball. Place a half inch apart in greased pans or 1 1/2 inches apart on greased baking sheets. Let rise until doubled (about 45 minutes). Bake in moderate oven (350°) 20 to 25 minutes. Make cross of White Icing on each roll.

#### WHITE ICING

- 1 egg white
  - 1 1/2 cups confectioners' sugar
  - 1/4 teaspoon vanilla extract
- To unbeaten egg white add sugar gradually, beating it in. Add vanilla extract. Drop from tip of spoon to form crosses on rolls. Makes about 3 1/2 dozen rolls.

#### PINEAPPLE CRISS-CROSS COFFEE CAKE

- 1 cup drained crushed pineapple
- 1/4 cup brown sugar
- 1/3 cup toasted, shredded coconut
- 1/8 teaspoon cinnamon
- 1/3 recipe Basic Sweet Dough
- Melted butter or margarine
- Confectioners' sugar icing
- 1/4 cup slivered, blanched almonds

Combine pineapple, brown sugar coconut and cinnamon and mix well. Roll dough to rectangle about 8 by 12 inches. Place on greased baking sheet. Spread pineapple mixture lengthwise down center third of dough. With scissors or sharp knife, cut slashes two inches long and one inch apart along each long side of dough. Fold these pieces across filling alternating from side to side. Let rise until doubled (about 45 minutes). Bake in moderate oven (350°) 25 to 30 minutes. When cool, frost with confectioners sugar icing and sprinkle with almonds. Makes one coffee cake.

The batter method is the newest, fastest, easiest way to make

yeast breads. This method uses all of the basic principles of bread making, but eliminates the steps of kneading and shaping. Mixing is easier and faster because the breads are made from batters rather than doughs. Bread and rolls made from batters usually have a more uneven shape and somewhat "pebble" surface. The texture is not quite as fine and uniform as a kneaded dough. Because recipes for yeast batters are usually richer than for the other methods, the batter is especially suitable for sweet rolls and coffee cakes.

#### BASIC BEATEN BATTER

- 1 package yeast, compressed or dry
- 1/4 cup water (lukewarm for compressed yeast, warm for dry)
- 1 cup milk
- 1/4 cup sugar
- 1 teaspoon salt
- 1/2 cup shortening
- 3 1/4 cups sifted enriched flour (about)
- 1 egg (for richer batter use two eggs)
- 1/2 teaspoon vanilla extract (if desired)

Soften yeast in water. Scald milk. Add sugar, salt and shortening. Cool to lukewarm. Add

(Continued on page 7)

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